



# On the Move

## Supports Meeting 1, Activity 3, Choice 2

Read this story out loud to your Girl Scouts. Have them move and stretch along with the characters in the story. Actions to imitate are printed in **bold**. After reading the story, help Girl Scouts to reflect on their experience.

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*[Begin by reading this introduction:]*

Follow along with the characters in this story. When they move and stretch, you move and stretch! Adjust the movements, if needed, to be comfortable for your body.

*[Then move to the story text:]*

The sun was shining. The air was warm. The forest was filled with the sounds of chirping birds, chattering squirrels, and rustling leaves. It was a beautiful morning.

So why did Ari feel so glum?

The little bear had woken up in a bad mood, and she just couldn't shake it. She had eaten yummy berries for breakfast, but she was still grouchy. She had taken a nice bath. Still grouchy. She had listened to music. Grouchy!

Ari was sitting outdoors, scowling, when her bear buddy Fuzzy walked up.

"Hi, Ari! Want to play?" Fuzzy asked.

"No," Ari huffed. "I'm not in the mood. I'm grouchy."

Fuzzy thought for a moment. How could she help her friend? She had an idea.

"Well, that's too bad," she said. "I wanted to go to our favorite meadow. We could play some games. If you don't feel like it, that's okay, but it might be fun."

Ari thought about it for a moment. Then she **nodded her head**.

"I'll come," she said. "Thank you. Maybe some games will make me feel better."

"Hooray!" Fuzzy cheered. "Let's go!"



Ari **turned her head as far as she could**. “Grandma!” she shouted. “Can I go to the meadow with Fuzzy?”

“Yes!” Ari’s grandmother called back. “Just stay on the path, and be home by lunchtime.”

“Okay!” Ari replied. And the two bears set off into the woods.

“This way,” Fuzzy said, leading Ari down a path. She **took a big step** over a log lying across the path. Ari followed right behind her. She **reached up high** to grab a dangling vine, moving it out of the way.

Soon the friends came to a stream. A small wooden bridge lay across the stream.

Fuzzy led Ari onto the bridge. Halfway across, she stopped. “Sticks!” she cried. She **bent over** and picked up a stick that was lying in the middle of the bridge.

“You get one, too, Ari!” she said.

Ari **bent over** and got a stick, too.

“Let’s throw them into the stream, and see whose stick floats back to the bridge first,” Fuzzy suggested. **She reached her right arm back** as far as she could, then threw her stick upstream.

Ari surprised herself by giggling. “I can throw that far, too—but I’m left-pawed,” she said. **She reached back with her left arm**, then tossed her stick.

The sticks flew through the air and fell into the water with a PLOP. Right away—BOING! A huge frog leaped out of the water and landed next to the stream.

“RIBBIT,” he croaked, staring at the friends.

“Uh-oh. I don’t think he liked the sticks,” Ari said.

“Let’s see if we can make him laugh! Let’s act like frogs,” Fuzzy replied. She **crouched down and put both front paws on the ground**, like a frog. Then she **bounced up and down**. “RIBBIT! RIBBIT!”

Ari laughed. “My turn!” She **crouched and bounced**, too. “RIBBIT! RIBBIT!”

The frog wasn’t impressed. With one last annoyed “RIBBIT,” he **hopped** back into the water.

“I guess that means it’s time to go,” Fuzzy said. “Don’t step on the cracks!” The friends took small steps across the rest of the bridge, **balancing on one foot** for a moment on each plank.



Ari and Fuzzy continued down the path, **bending to the left and the right** to get around trees. Soon, they saw an opening up ahead.

“We’re here!” the bears cheered. They **skipped** down the last bit of the trail and emerged into the sunlit meadow.

“Now that we’re here,” said Fuzzy, “what will we do to cheer you up?”

Ari didn’t answer right away. Instead, she **flung her arms wide**. She **stretched them backwards** and **raised her chin**, feeling the sun on her face.

“You know what?” she said. “I don’t think I need cheering up. I’m not grouchy anymore. In fact, I feel great!”

Fuzzy smiled wide.

“I thought a walk might help,” she said.

“All that moving and stretching really did help,” Ari agreed. “And the best part is we get to do it all again on the way home. But we’re here now...so, let’s play!”

*[Finish with some reflection questions, such as:]*

- What did you learn from the story?
- How did it feel to move your body as I was reading?
- What movement did you like best? Do your favorite one again!